

Baked Fish with Creole Sauce

Makes: 4 Servings

This tomato-based Creole sauce includes onion, green pepper, and spices

Ingredients

- 1 pound** fish fillets (fresh or frozen, unbreaded)
- 1/2** onion (thinly sliced)
- 1/2** green pepper (thinly sliced)
- 1** can tomato sauce (8 ounce)
- 1 teaspoon** chili powder
- 1/8 teaspoon** pepper
- 1/4 teaspoon** salt (optional)

Directions



- 1) Thaw fish in refrigerator overnight.
- 2) Preheat oven to 375°F.
- 3) Arrange fish in a single layer in baking dish.
- 4) Top fish with onion and pepper slices.
- 5) In a separate bowl, mix tomato sauce, chili powder, salt, and pepper.
- 6) Pour tomato sauce mixture over fish and vegetables.
- 7) Cover dish and bake until fish flakes easily with a fork (20-30 minutes).
- 8) Refrigerate leftovers.

Nutrition Information

Nutrients	Amount
Calories	133
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	48 mg
Sodium	323 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	21 g
Vitamin D	40 IU
Calcium	37 mg
Iron	2 mg
Potassium	463 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/2 cup
	Protein Foods	3 ounces

Notes

- Atlantic cod fillets used for nutrition analysis.
- If fish is more than one layer thick in baking dish, cooking time will be longer.

Learn more about:

- [Onions](#)
- [Bell Peppers](#)
- [Tomatoes](#)

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.